human touch®
feel better®

CELEBRATING 35 YEARS OF WELLNESS

GENUINE HUMAN TOUCH® PRODUCT

HT-XT4

use & care manual

humantouch.com
800.355.2762

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HT-XT4-NA-A0

Human Touch®
Partners in Your Well-Being

For decades, Human Touch has been a leader in the field of massage products. We create state-of-the-art products that embrace the latest technology while applying the ancient healing art of massage. Balancing your physical and mental needs requires the right mix of proper nutrition, exercise, and massage. Human Touch Massage Systems are vital components for achieving balance between physical and mental well-being.

To learn more about our company and our products, we invite you to visit us on the Internet at: www.humantouch.com or call our Customer Service Representatives at 800-355-2762.

Endorsed by the
WORLD FEDERATION OF CHIROPRACTIC

Human Touch is exclusively endorsed by the World Federation of Chiropractic (WFC)

Please send any questions or comments regarding this manual to documentation@humantouch.com

HT-XT4

welcome to human touch®

Your Human Touch massage chair is the perfect bridge between state-of-the-art technology and the ancient healing art of massage. It's a key ingredient for a balanced life.

Your Human Touch massage chair incorporates patented Human Touch Technology®. It emulates the same techniques used by massage and chiropractic professionals for back and spinal care. It's hard to believe it's not human!

To ensure that you don't overlook any of your chair's features, and that you use it safely, read this manual carefully. Then sit back, relax, and enjoy!

humantouch.com

keep it safe

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

⚠ **DANGER: To reduce the risk of electrical shock**
Always unplug this product from the electrical outlet immediately after using and before cleaning.

⚠ **WARNING: To reduce the risk of burns, fire, electric shock or injury to persons:**

- Do not put hands or fingers near the massage mechanism or rollers while this product is running. Touching the mechanism can result in injury from the rollers squeezing together.
- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Close supervision is necessary when this product is used by, on, or near children, invalids, or disabled persons. Keep children away from extended foot support (or other similar parts).
- Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this product if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return this product to a service center for examination and repair.
- Do not carry this appliance by supply cord or use cord as a handle.
- Always keep the power cord away from heated surfaces.
- Never operate this product with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the OFF position, then remove plug from outlet.
- Do not massage any area of the body that is swollen, inflamed or covered with skin eruptions.
- Do not use on unexplained calf pain.
- Do not use this product when standing on a damp floor, or when any part of the body is in contact with plumbing or any similar ground.
- Connect this appliance to a properly grounded outlet only. See GROUNDING INSTRUCTIONS.
- Do not use this product if noise above normal sound is heard.
- Do not stand on or in appliance. Use only while seated.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

Safety Precautions

- Comfortable clothing is recommended while using this product.
- This product was meant to be used in a relaxed position. Never force any body part into the backrest area while the rollers are moving.
- If you feel any abnormal discomfort during the operation of this product, turn off the power immediately and do not use the product. Consult your physician.
- Do do lean on the controller for support.
- Do not pull on the AC cord.
- When using this product after it has been in storage, check to see that the product is operating properly prior to use.
- Always confirm that there are no obstacles behind the product and that there is sufficient space to recline.

SAVE THESE INSTRUCTIONS

Do not attempt to repair this product yourself.
This product is designed for personal in-home use. Commercial use will void warranty.

Grounding Instructions:

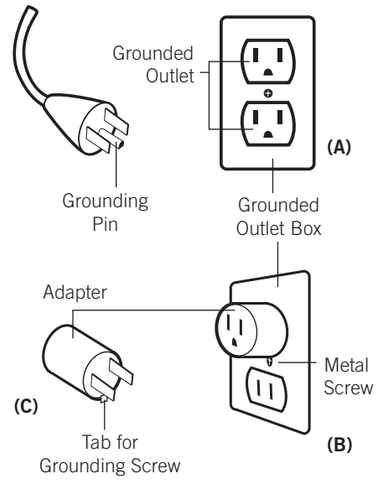
This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

⚠ **DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electronic shock. Check with a qualified electrician or serviceman if you are in doubt as to whether this product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

This product is for use on a normal 120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch (A). A temporary adapter that looks like the adapter used in sketches (B) and (C) may be used to connect this plug to a 2-pole receptacle as shown in sketch (B), if a properly grounded plug is not available. The temporary adapter should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician. The green colored, rigid ear tab or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

For all grounded cord-connected products:

Grounding methods:

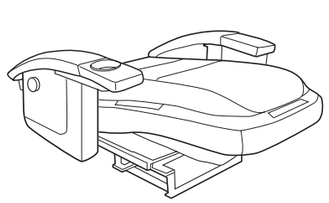


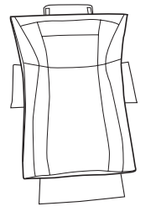
The use of a temporary adaptor is not permitted in Canada.

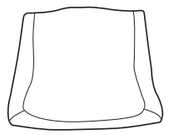
get ready

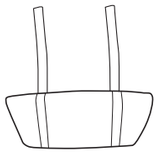
Your Human Touch massage chair requires some simple assembly (no tools required). Just attach the pads, splash guard/side panels, manicure trays and control panel and you're done!

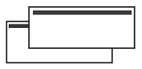
Unpack the box


Chair


Backrest Pad

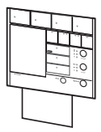

Seat Pad

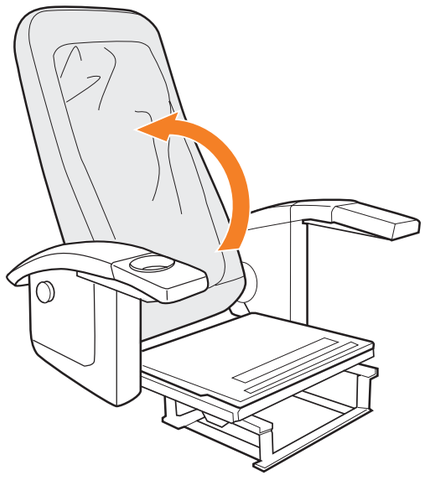

Head Pillow


Side Flaps

Splash Guard

Manicure Trays


Control Panel

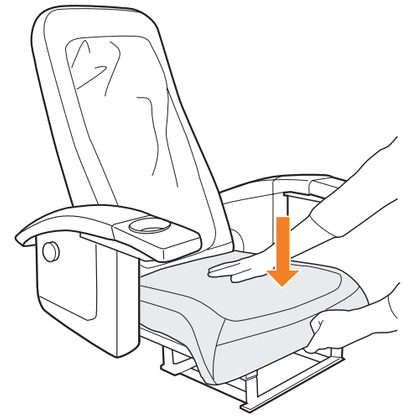


1. Unfold the chair.

Remove all packaging materials from the chair. Pull gently up on the backrest to unfold the chair to an upright position.The backrest locks into place automatically.

2. Attach the seat pad.

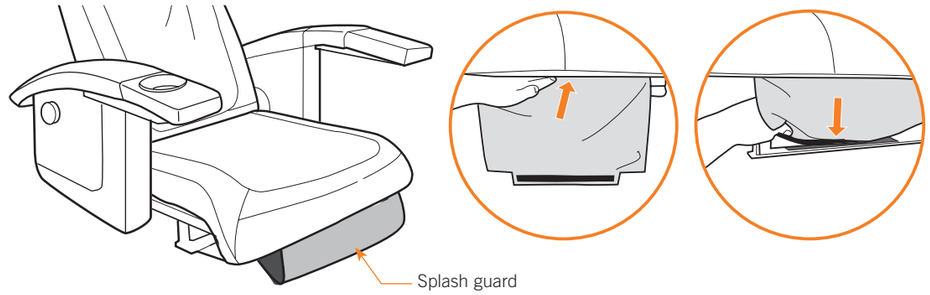
Place the seat pad into position, with the front edge placed firmly against the front of the seat frame. While holding the front of the seat pad to ensure that it remains flush with the seat frame, press down firmly on the seat pad to secure it to the seat canvas support.



3. Attach the splash guard and side flaps.

Attach the top edge of the splash guard to the hook-and-loop fasteners located just beneath the front edge of the seat. Attach the lower edge of the splash guard to the chair frame using the hook-and-loop fasteners.

Attach the side flaps to the chair using the hook-and-loop fasteners.

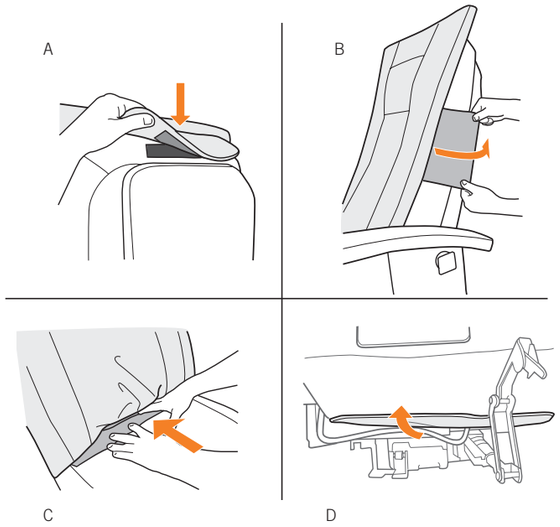


get ready

4. Attach the backrest pad.

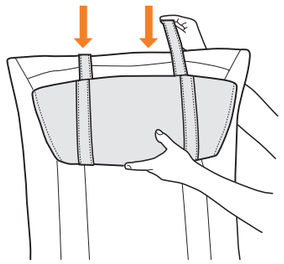
Place the backrest pad into position, then attach the top flap to backrest using the hook-and-loop fasteners (A). Attach the two side flaps to the backrest using the hook-and-loop fasteners (B).

From the front of the chair, tuck the bottom of the backrest pad behind the seat (C). From behind the chair, press the backrest release lever to release the backrest from the base, tip the backrest forward, then secure the bottom backrest flap to the underside of the chair using the hook-and-look fasteners (D).



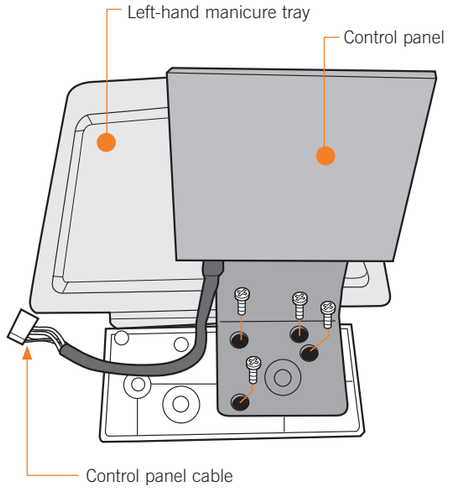
5. Attach the head pillow.

Align the head pillow with the upholstery window on the front of the backrest pad, then attach the head pillow straps to the backrest pad using the hook-and-loop fasteners.

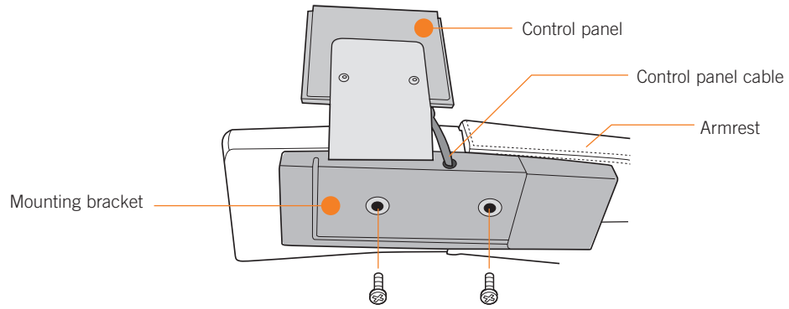


6. Attach the manicure tray with control panel.

1. Locate the left-hand manicure tray (wide end of the tray toward the back of the chair).
2. Place the control panel on top of the manicure tray mounting bracket, aligning the holes.
3. Install the four Phillips-head screws (provided) to secure the control panel to the manicure tray.

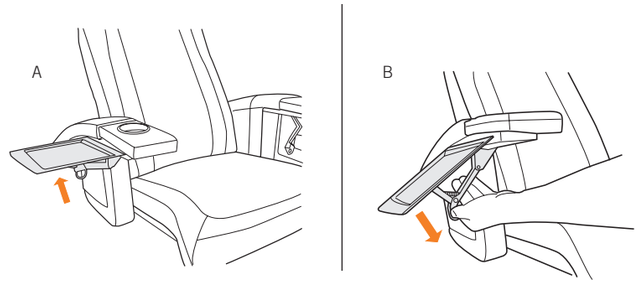


4. Route the control panel cable as shown.
5. Connect the control panel cable to the corresponding cable on the underside of the armrest.
6. Place the mounting bracket into position underneath the armrest, aligning the holes, then secure the mounting bracket to the armrest using the two screws (provided).
7. Repeat step 6 to install the right-hand manicure tray.



7. Raise the manicure trays.

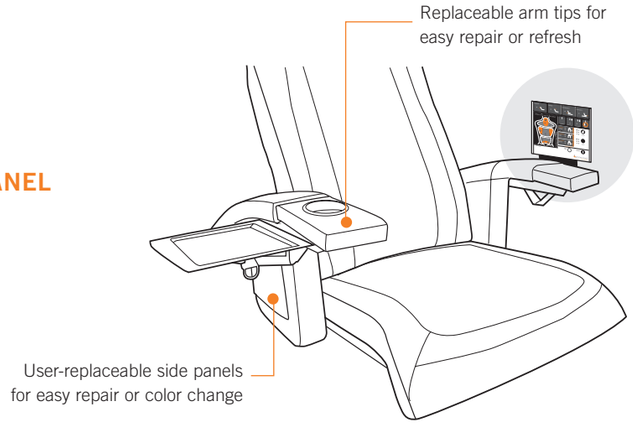
To raise the manicure trays, simply pull gently upward until the tray locks into place (A). To lower the tray, pull downward on the release handle on the underside of the chair (B).



get acquainted

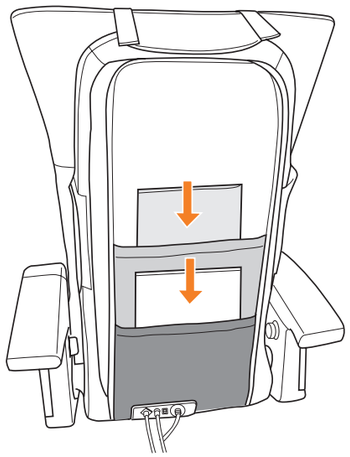
LOCATE THE CONTROL PANEL

Your massage chair has a built-in control panel, so it is always handy.



LOCATE THE TWO STORAGE POCKETS

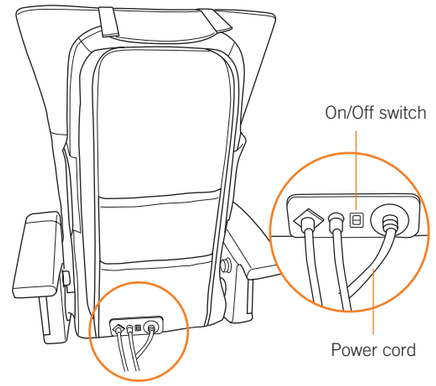
Two convenient pockets located on the backrest provide handy storage for clip boards and magazines.



Using your Human Touch massage chair is easy. Just take a seat and adjust the backrest to the desired position. Your Human Touch massage chair helps you feel better, using a wide variety of massage techniques that you control. It's the perfect way to relax and refresh.

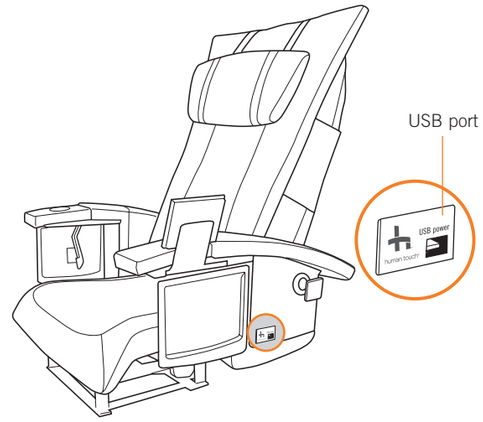
POWER ON

Plug the power cord into a grounded power source, then turn the On/Off switch on the back of the backrest to On. Press the red button on the GFI breaker at the end of the power cord to activate power to the chair.



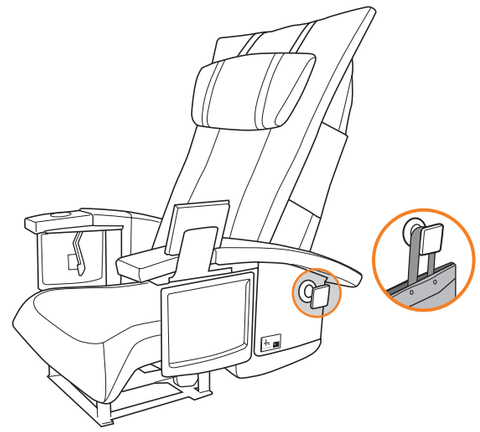
RECHARGE

Your massage chair comes with a built-in USB port (USB II - 5 Volt DC, 2.4 AMP), located on the left-hand side of the chair.



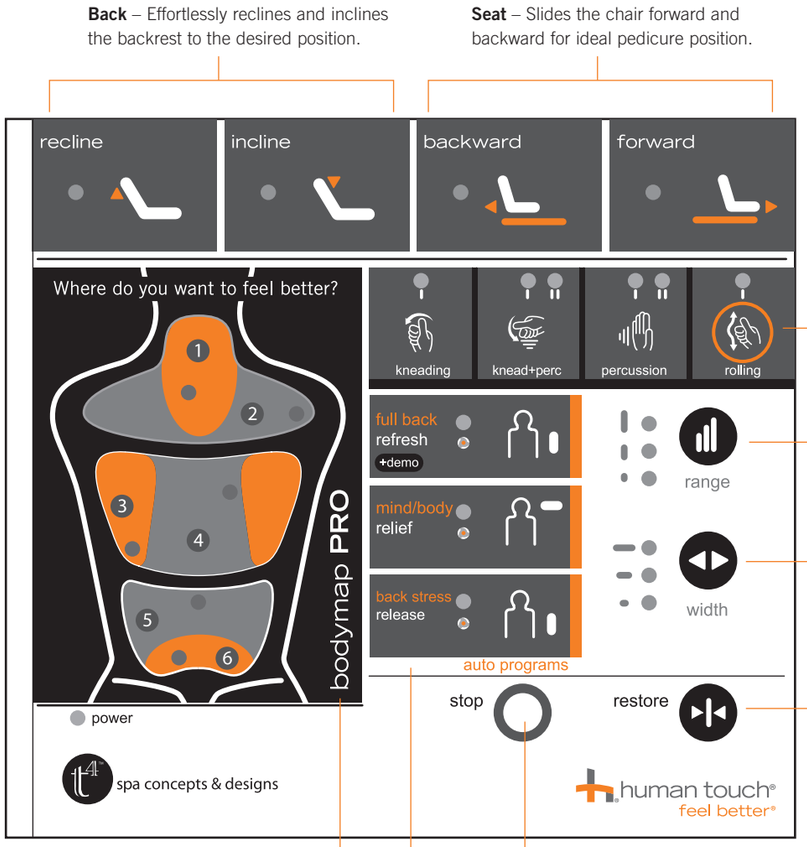
HANG IT UP

Your massage chair has a convenient purse holder on each side. Simply pull outward on the purse holder to use it.



take control

Now choose a massage technique to suit your mood. Your Human Touch massage chair lets you customize your massage using a wide variety of massage techniques. Choose from three stationary massage techniques and a rolling massage, or combine them! Or, simply select one of the auto massage experiences and let the chair take control. No matter how you use it, your Human Touch massage chair offers maximum massage flexibility and refreshing benefits.



Back – Effortlessly reclines and inclines the backrest to the desired position.

Seat – Slides the chair forward and backward for ideal pedicure position.

Massage techniques – Select from four massage techniques to customize your massage. Rolling can be combined with any of the other three techniques.

Range – Select from high, medium, or low vertical massage range settings, based on your height.

Width – Select from wide, medium, or narrow massage width settings, based on the width of your back.

Restore — Press this button to return the backrest to the full upright position.

bodymap PRO

Where do you want to feel better? – Simply press where you want to feel better, then sit back and let the chair do the rest!

Stop – Stops the massage immediately.

Auto Massage Experiences – Three unique auto massage experiences automatically massage your back for 15 minutes, using a variety of massage techniques. The corresponding LED lights to indicate which massage technique is currently in use.

MASSAGE TECHNIQUES

Massage Technique	What It Does	Benefits
KNEADING	Kneads your back in a small, circular motion on both sides of your spine simultaneously.	Relieves tension and soreness by lifting and stretching muscles. Improves circulation and helps bring vital nutrients to the spinal area.
KNEADING + PERCUSSION	Combines circular kneading motion with rapid-tapping percussion strokes.	Relieves muscle tension and spinal pressure, improves circulation and invigorates the back, all at once.
PERCUSSION	Alternates rapid-tapping strokes along the spine to stimulate both spinal muscles and spinal joint areas, emulating the percussive massage technique used in sports medicine for deep muscle therapy.	Flexes spinal joints and relieves pressure on the spinal column, invigorating the entire back area.
ROLLING	Rolls gently up and down your back near your spine.	Warms and loosens your muscles, preparing your back for deeper massage. Relieves muscle tension, improves circulation and relaxes the back.

Experience the innovation and simplicity of bodymap PRO

When you're experiencing muscle and joint discomfort, you want relief – now. Human Touch BodyMap PRO delivers. Simply press where you want to feel better and immediately receive an effective, therapeutic massage experience. The Human Touch ***FlexGlide*** massage engine is automatically tuned to just the right intensity to relieve your toughest aches and pains. Each zone runs an individual seven-minute session.

1. Relieve those tight stresses at your neck (remove head pillow).
2. Been sitting at your desk all day? Spread stress relief between your shoulders.
3. Auto focus on those knots below your shoulder blades.
4. Get generous relief for the muscles in the middle of your back.
5. Been standing all day? Get big relief in your lower back all the way out to your sides.
6. Focus-in, close to the spine, on those aches and pains in your lower back.

FlexGlide™

Patent pending Human Touch Orbital Massage Technology.

flexglide™

Soothing, sensitive and oh so luxurious, our **new FlexGlide™** massage solution delivers a stress-reducing experience like never before. Free from the pinching and friction associated with typical massage chairs, every contour of your body is therapeutically touched by the unparalleled flexibility and seamless glide of our patent pending FlexGlide™ orbital technology. Much like a masseuse upgrading you from a dry to a warm oil massage, the FlexGlide™ experience will have you basking in the glow of ultimate relaxation.

care and maintenance

To keep your product working and looking its best, please follow these simple care guidelines.

⚠ WARNING:

1. Be sure to disconnect the power cord from the electrical outlet before cleaning.
2. When cleaning the controller or power switch, use a dry cloth only. Never use a damp cloth to clean the controller or power switch.
3. Be sure to test any cleaning solution on a small, inconspicuous part of the product to ensure that the color does not fade prior to using the solution on the entire product surface.
4. Do not use benzene, thinner or any other solvents on your product.

Cleaning Code Standard: W

To maintain your Human Touch product in optimum condition, dust it frequently and/or vacuum it with a soft brush vacuum extension. SofSuede® products can also be brushed with a suede brush. If your product becomes dirty, use a water-based upholstery cleaner only. To treat stains, spot clean with an upholstery shampoo or a mild detergent foam.

Maintenance and Repair:

1. The mechanics of this product are specially designed and constructed to be maintenance free. No periodic lubrication or servicing is required.
2. Your chair should only be serviced by an authorized service center.

Use and Storage Environment:

1. When not in use for a long period of time, we recommend that the chair be covered, the power cord be coiled and that the unit be placed in an environment free of dust and moisture.
2. Do not store near heat or open flame.
3. Do not leave this product exposed to direct sunlight for long periods of time. This may cause fading or damage.
4. Do not use or store in extreme temperatures; product stored in cold temperatures may require 48 hours at room temperature to function properly.
5. Product should be used and stored in an environment with non-condensing humidity ranging from 10 to 80%; excessive humidity will damage the mechanics.

Miscellaneous:

1. Foreign objects should not be inserted between the massage nodes or the unit housing.
2. Care should be taken not to overload the unit.

⚠ **WARNING:** This product is equipped with a thermal resetting protection device. This is an added safety feature to protect you and this product from overheating. If the product should suddenly stop and will not start, turn the main power switch, located on the back of the product, to off and do not operate the product for at least 30 minutes. Failure to turn the product off may result in the product starting unexpectedly when the product cools.

Specifications*

Operating Voltage:	AC110-120V 60 Hz
Power Consumption:	65 Watts
Chair Size (upright):	32” L x 32” W x 43” H
Chair Size (reclined):	49” L x 32” W x 36” H
Product Weight:	93 Lbs.
Maximum Load Weight:	285 Lbs.

**Specifications are subject to change without prior notice.*

Warranty

For warranty information, please contact your distributor.